



Elizabethton City School System CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH at the Elizabethton City School System in 2007.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Elizabethton City School System that includes:

- School Health Advisory Committee in conjunction with the Carter County Health Council and Carter County Schools.
- Five Healthy School Teams at each of the elementary schools, one middle school and the high school.
- Since 2007, the total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our school system was \$75,799.00.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Carter County Health Council and CCHC Youth Subcommittee | ➤ King College |
| ➤ Northeast Regional Health Office | ➤ University of Tennessee's Carter County Extension Office |
| ➤ Mountain States Health Alliance | ➤ American Heart Association |
| ➤ Carter County Schools | ➤ Milligan College Nursing Program and Human Performance Program |
| ➤ REACH (Regional Education and Action Coalition for Health) | ➤ Tennessee Technology Licensed Practical Nursing Program |
| ➤ Department of Allied Health, East Tennessee State University | ➤ Elizabethton Star |
| ➤ Department of Nursing, East Tennessee State University | ➤ Girls on the Run |
| ➤ College of Public Health, East Tennessee State University | ➤ Carter County Tomorrow |
| ➤ Department of Pediatrics, College of Medicine, East Tennessee State University | ➤ Elizabethton/Carter County Chamber of Commerce |
| | ➤ RHAT |
| | ➤ TAHPERD |
| | ➤ Northeast Tennessee Commission on Children and Youth |
| | ➤ TNSHC |

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| ➤ Sycamore Shoals Hospital | ➤ Riverside Pediatrics |
| ➤ Johnson City Medical Center | ➤ Lions Club |
| ➤ Northeast State | ➤ Frontier Mental Health |
| ➤ TENNderCARE | ➤ Tennessee Department of Children's Services |
| ➤ Elizabethton High School's Health Occupation Students of America | ➤ Northeast Tennessee Commission on Children and Youth |
| ➤ Elizabethton High School's Future Farmers of America | ➤ Sullivan County Regional Health Office |
| ➤ Elizabethton High School's Culinary Arts Department | ➤ Carter County Leadership Tomorrow |
| ➤ Elizabethton Police Department | ➤ Carter County Schools |
| | ➤ American Heart Association |
| | ➤ HEAL Appalachia |

Parent and Student Involvement Developed

Currently, fourteen parents are collaborating with CSH. There were fourteen parent members of the Healthy School Teams who continued to revisit their School Health Index modules with CSH as their facilitator. This spring the Healthy School Teams collaborated on Health Day at West Side Elementary School. The high school's parents from their HST are collaborating on their new Cardio Room plans. The middle school is planning on enhancing their Cardio Room with anatomy posters and other health related posters and materials. The Harold McCormick Elementary School's Healthy School Team collaborated on the HEAL Appalachia grant and the placement of the new garden.

Students have been engaged in CSH activities such as Child Health Week 2010, International Walk to School Day, healthy school team meetings and Health Day at West Side Elementary School. Approximately forty students are partnering with CSH to address school health issues. Daily Health Tips were read by the students at four schools each morning of Child Health Week as part of the morning announcements. There is a Youth Committee of the Carter County Health Council which consists of students for Elizabethton High School and the numerous high schools of the Carter County Schools. These students continue to make presentations at middle school health fairs around the county, and at the Elizabethton Boys and Girls Club.

School Health Interventions

Since 2007, CSH has been active at the Elizabethton City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers -- 4803 students were screened and 548 students were referred;

During the 2010-2011 school year, 8267 students have been seen by a school nurse and returned to class for further hours of instruction rather than sent home for the day;

BMI data has been collected annually that shows the severity of the childhood obesity epidemic in the Elizabethton City School System. Preliminary data suggests that 38% of students are overweight or obese.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include Michigan Model comprehensive health education materials, Olweus bullying class meeting & interventions DVD set x4, Olweus Peaceful School Bus Program, body fat Analyzer, obesity model, Super Size Me DVD, high blood pressure Flip chart, lower blood pressure power point kit, folding display high BP carrying case, healthy snacks for one of Harold McCormick Elementary School's fifth grade homerooms, Wii consoles, Wii Fit Plus and Wii "Just Dance 2", Speed Stacks, Sport Packs, lamination film, Nutrition Action Healthletter, Teen Food and Fitness, Nutrition Nuggets, cookbooks for prizes, Michigan Model for 6th grade, middle schools and high schools, BP monitors, scales, stadiometer, computer and laptops, misc. physical education equipment for all schools, exercise equipment for students and staff, GlitterBug Hand washing Show DLX Kit with lotion, powder and carry bag, flu shot mega roll value stickers (1000), "I was brave" stickers for flu shots, heat seal laminator, four conference door prize gift baskets, T-shirts with CSH logo, refill calendar, physical education equipment, lunch for Health Department -H1N1 vaccinations, Dr. Pat Cooper presentation fee, lunch for East Side School with Dr. Cooper, food pyramid, Ellison Die Set (4-Die Set), misc. physical education equipment for T.A.D. Middle School, general office supplies, 50 dozen number 2 pencils, lamination film, SECA floor scales, Wal-Mart gift cards for 6th grade, antibullying program awards, 3 complete sets of physical education equipment, scissors, fat models, muscle models, Speed Stacks Sport Pack 30 pack, Nutrition Action health letter, exercise equipment for students and staff, two Wii Consoles with Wii Fit Plus, Teen Food and Fitness, Nutrition Nuggets, materials for elementary school counselors, lunches for elementary school counselor in-service, No Standing Around, and black locking file cabinet.

Professional development has been provided to counselors, physical education teachers, and nurses. Dr. Pat Cooper came to our school system to speak at the comprehensive general in-service at the beginning of the 2009-2010 school year, so every teacher, all school system administrators, and the school board were present for this CSH orientation, as well as the city mayor, council members and the Tennessee State Speaker of the House of Representatives, Kent Williams. Later in the afternoon, Dr. Cooper spoke specifically to the teachers and administrators at East Side Elementary School for about 3 hours with very healthy lunch provided by CSH. It was an exciting day for CSH in Elizabethton. TAHPERD memberships and Share the Wealth conferences were attended by our physical education teachers. Our nurses attended the TASN conference and numerous school employees, parents and students attended the TNSHC conference. Michigan Model comprehensive health education training was provided for counselors, physical education teachers and afterschool personnel. Principals and administrators attended the CSH institutes in the past.

School faculty and staff have received support for their own well-being through the use of a Cardio Room at T. A. Dugger Junior High School (one centrally located school within the city system). It is fully-equipped with commercial grade cardio fitness equipment and some strength training equipment for use by the students and the entire ECS staff. CSH is beginning a Cardio Room at the high school per their SHI. This will be used by students and staff. Elizabethton Body Challenge prizes and certificates were awarded at the general in service in August. Elizabethton Body Challenge continued in 2011 for the third time to ever increasing participation with better weight loss and health enhancing behaviors observed. Distributed information to all

staff concerning free flu and pneumonia vaccinations through ECS employee insurance. Discussed at length and encouraged all staff to partake of ParTNers For Health TN.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Elizabethton City Schools System's Coordinated School Health website was revamped this fall and is updated as needed. This website contains information for teachers/staff, parents, and students about CSH, as well as other health resource information and links. It may be accessed at: <http://coordinatedschoolhealthin10ec.wikispaces.com>. Links to the Michigan Model are on this site. Cyber safety lessons were provided to elementary school students using materials from the Michigan Model in their computer classes for the first time this fall. MM Posters are displayed in the computer labs. Nutrition education posters from the Michigan Model were posted in elementary school cafeterias to increase awareness of good nutrition and to promote healthy eating habits. The Michigan Model for comprehensive health education has been encouraged in all of our elementary schools through several in service opportunities for our school counselors and our physical education teachers. Additional social and emotional health education is provided by the school counselors including programs like "Character Counts". Puberty supplies have been ordered at no charge by CSH for the spring "Always Changing and Growing Up" programs for the fifth grades system-wide. School counselors were still promoting "Red Ribbon Week" Activities to foster resistance to alcohol and drugs at each elementary school. Counselors/school funds are used for this. CSH received a \$2000 grant from HEAL Appalachia to construct a garden and provide nutrition education and tasting parties for the fifth graders at Harold McCormick Elementary School;
- Physical Education/Physical Activity Interventions – all three elementary schools are meeting the 90 minutes of physical activity per week law; the middle school hired an additional physical education instructor to build into their schedule 90 minutes and 135 minutes of physical activity in alternating weeks for every student in the school. CSH provided funds for several physical education teachers to attend the one day Greeneville training on October 8th during Child Health Week. Two physical education teachers attended the Share the Wealth Conference in January, 2011. One physical education teacher has been going into classrooms and teaching lessons from the Michigan Model while their school is under construction this fall. Wiis were purchased for five schools. CSH is beginning a Cardio Room at the high school per their SHI. CSH is expanding on the learning opportunities of the Cardio Room at the middle school with anatomy posters and other health related information.
- Nutrition Interventions – nutrition and wellness newsletters ("Nutrition Nuggets" and "Teen Food & Fitness") were sent home with every student (approx. 2000) every month this fall. These newsletters provide information on leading a healthy lifestyle for families including ideas for enhancing healthy eating and increasing physical activity. Newsletters were sent out daily during Child Health Week, 2010. This is great for parent involvement. Nutrition education posters from the Michigan Model were posted in elementary school cafeterias to increase awareness of good nutrition and to promote healthy eating habits. CSH

continued eating school lunches twice per week as required by our Director of Schools. Collaborated with ETSU, Food City and Washington County's CSH to apply for the General Mills grant in December, 2010 but did not receive it. CSH received a \$2000 grant from HEAL Appalachia to construct a garden and provide nutrition education and tasting parties for the fifth graders at Harold McCormick Elementary School.

Due to information gathered from the Data and Compliance reports an LPN was funded at Elizabethton High School for the first time this year through a combination of stimulus funds/general funds. ECS now has a nurse at each school except the Early Learning Center. Chronic health issues of students at each school have driven the creation of these positions.

The Governor's CoverKids Insurance Flyers and TENNderCARE information were distributed system wide at the beginning of the school year in all student packets. CSH makes this effort annually, so that now the school secretaries expect the materials earlier and earlier. Information concerning bedbugs was created and distributed by the system wide nurse.

CSH worked with hearing and vision teachers and the Tennessee Technology School's LPN program to provide Health Screenings for the 2010-2011. This fall, CSH provided each of these teachers with yet another copy of the School Health Screening Guidelines both in electronic forms and hard copies.

Seizure posters were created by the CSH Public Health Intern at the direction of CSH and the system wide nurse and printed at the Elizabethton Star funded by health services.

Olweus Bullying Prevention Program in services were attended this fall by CSH and the CSH intern. CSH has partnered with the ECS Olweus trainer to purchase some peripheral items to enhance the program such as information for the bullying on the school buses. Roll out will be in the fall of 2011. Olweus Program is in the planning stages of implementation with a big roll out in the fall. Their rules are already posted throughout the schools and some classes have already had class meeting.

CSH attended and funded the attendance of ECS school counselors at a one day Bullying Prevention event hosted by the Northeast Tennessee Commission on Children and Youth in Johnson City in October.

The Mayor of Elizabethton, Curt Alexander signed a proclamation for "Child Health Week," and he also attended physical education class at T. A. Dugger Junior High School that week, and he took a tour of the "Cardio Room" for students and staff.

CSH publicized the fall RAM event for the Carter County Health Department by posting signs, placing it on the CSH website and sending flyers home with students.

The CSH coordinator presented before U.S. Representative Phil Roe, the city council and other city officials, all of the school board, newspapers, all teachers, all supervisors and the superintendent at the system wide general in service in August, 2010.

CSH Attended monthly REACH (Regional Education and Action Coalition for Health) Meetings.

ECS had the first annual Walk to School Day at East Side Elementary School and West Side Elementary School had Health Day.

In 2010, the OSHA training was placed on line through the ECS website for the first time due to the combined efforts of the technology department, the system wide nurse and CSH. This has been something CSH has requested since 2007.

The Elizabethton City School System funded a new SRO officer at T. A. Dugger Junior High Schools with the same combination of funds which provided the new nurse at Elizabethton High School.

Information concerning bedbugs was created and distributed by the system wide nurse. Bedbug sniffing dogs are now in use at all Elizabethton City School System's facilities. Carpet and asbestos tiles have been removed this year from our several of our schools.

In such a short time, CSH in the Elizabethton City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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